

**WHAT IS CLAIMED IS:**

1. A stretching exerciser comprising:
  - a base for positioning on a floor;
  - 5 a seat bar having a bottom end pivoted to said base and a top end;
  - a back cushion fastened pivotally with the top end of said seat bar and forwardly backwardly turnable relative to said seat bar, said back cushion being closely attached to said seat bar due to the effect of the gravity weight thereof when receiving no external force;
  - 10 a seat mounted on said seat bar below said back cushion; and
  - a spring bar for supporting said seat bar on said base in a backwardly tilted position, said spring bar having a bottom end coupled to said base and a top end coupled to said seat bar.
- 15 2. The stretching exerciser as claimed in claim 1, further comprising two elastic cord members provided at two sides of said base, said elastic cord members each having one end provided with handle means for the holding of the user's hands or hooking of the user's legs to stretch said elastic cord members.
- 20 3. The stretching exerciser as claimed in claim 2, wherein said base comprises two pairs of pulleys symmetrically disposed at front and rear sides thereof; said elastic cord members are respectively extended through said pulleys.
- 25 4. The stretching exerciser as claimed in claim 1, wherein said base comprises a front transverse bar, a rear transverse bar, and a longitudinal bar connected

between said front transverse bar and said rear transverse bar; the bottom end of said seat bar is pivoted to said longitudinal bar.

5        5. The stretching exerciser as claimed in claim 4, wherein said longitudinal bar is a retractable bar connected between said front transverse bar and said rear transverse bar for enabling said front transverse bar to be moved forwards and backwards relative to said rear transverse bar, said longitudinal bar having a lock screw for locking said front transverse bar in position.

10        6. The stretching exerciser as claimed in claim 1, wherein said base comprises a leg extension bar at a front side thereof for the hooking of the user's legs.

15        7. The stretching exerciser as claimed in claim 1, wherein said seat bar is a retractable bar having a fixed end pivoted to said base and a movable end pivoted to said back cushion.

20        8. The stretching exerciser as claimed in claim 1, wherein said seat comprises a seat pad and two parallel seat frame bars fixedly provided at a bottom side of said seat pad, said seat frame bars each having a rear end protruding over a rear side of said seat pad and bilaterally pivoted to a back side of said seat bar; said seat bar has a front side provided with a horizontally extended detachable axle for supporting said seat frame bars of said seat in a position not parallel to said seat bar.

25        9. The stretching exerciser as claimed in claim 8, wherein said seat bar comprises two horizontal barrels disposed at the front side thereof at different

elevations; said axle is selectively mounted in one of said horizontal barrels.

10. The stretching exerciser as claimed in claim 1, wherein said spring bar has the bottom end pivoted to said base and the top end detachably pivoted to said seat  
5 bar such that when the top end of said spring bar is disconnected from said seat bar, said spring bar and said seat bar can be turned downward and closely attached to said base in horizontal.